



THE



# BSERVER

July 2002

ISSUE NO. 96

## Letter from the Chair

Dear Supporters,

The expression "Time Flies" is sometimes over used and so I will try to avoid it as eleven years on the Board of Directors nears an end –

As I leave the Board and the Center the years seem to have flown by –

It has been an extremely rewarding experience, as I look back on the tireless dedication of the County that has given so generously to support a much needed place for the ever growing senior population of York County to come, to grow in mind, spirit and strength.

It has been an inspiring and growing experience to have been a part in the growth from one room to a very special Center. And I have always been amazed at the genuine love and appreciation the patrons have shown.

It is said that having children makes one less selfish as an individual. I think the same is true with our seniors.

I am sure we are not always willing to learn but that never stopped any of you from teaching me. Lessons learned as we pass through life aren't taught in school and I know now that if I had to learn them from someone I'm glad it was the Seniors' of York.

By loving and understanding perhaps we shall come to understand each other.

Many Malolies (much love)  
Clyde

## Cultural Day

Wednesday, July 24, 12:30 to 2:00 PM. Come prepared to have another fun-filled enjoyable gathering with Sheila Williams as she presents another novel "Victorian Nuncheon" at the Center. This will be a Victorian costume presentation with food, fun and flowers. Reservations requested by July 19.

## A Celebrate Independence Party



Wednesday, July 3 from 11:00 AM to 2:00 PM at the center. Hot dogs and hamburgers provided at the Center will be the main course. Bring a dessert to share with others. Fun and entertainment planned. Call the Center to register.

## Ceramics Classes

Ceramics class will resume in August. The class will meet at 9:00 AM on the first and third Tuesday of each month. Debbie Reed will be the instructor. Come by and try your hand. Classes are fun and the projects make great gifts and treasures for your home.

## Health Day



Elderly Abuse will be the topic of the Health Day Program at the Senior Center, Wednesday, July 31, 2002, at 12:30 p.m. A general definition of 'abuse' is - the intentional mistreatment or harm of another person. Abusers can be anyone that an older person comes in contact with (eg. caregivers, landlords, neighbors, friends), but most typically, abusers are family members of the older person. In a study by the U.S. Department of Health and Human Services, an elderly person's abuser in 58% of cases was their spouse, their son in 16% of the cases, and their daughter in 8% of the cases. Leaving an abusive situation may be more difficult for older victims. Jayne Mercer Gorham- MSW, Community Outreach Counselor with AVALON will be the guest speaker and discuss what may lead to elderly abuse and why an abuse victim may be reluctant to report such abuse. For more information and to register, call the Senior Center at 898-3807.

## The Birthday Bash

Friday, July 26, from 1:00 – 2:00 PM. Anyone may attend this party if having a birthday or not. Entertainment provided by Mr. McDonald and partner. Registration closes Wednesday, June 26.




SENIOR CENTER OF YORK



# *July 1 - July 19, 2002*





The following calendar lists the ongoing activities offered to Senior Citizens in the local area. Activities and times are subject to change. For current information on classes, special events, trips, etc, call 898-3807. The Center is open Monday-Friday, from 9:00 AM. to 4:30 PM. The Center is closed during all County Holidays.

Monday	Tuesday	Wednesday	Thursday	Friday
<b>July 1</b> 9:00-12:00 BODY RECALL-OYO 9:15-12:00 CRAFTS UNLIMITED 1:00-2:00 INT LINE DANCING 1:00-3:00 KNITTING & CROCHETING 2:00-3:00 BEG LINE DANCING	<b>July 2</b> 10:00-2:00 DINING CLUB 1:00-2:00 ADV LINE DANCING 1:00-4:15 ART CLASSES	<b>July 3</b> 9:00-12:00 BODY RECALL-OYO 10:00-2:00 DINING CLUB 11:00-2:00 INDEPENDENCE PARTY 1:00-4:00 BRIDGE 1:00-4:00 CANASTA GROUP	<b>July 4</b> <b>CLOSED</b> 	<b>July 5</b> 9:00-12:00 BODY RECALL-OYO 10:00-2:00 DINING CLUB 1:00-2:00 ADV LINE DANCING
<b>July 8</b> 9:00-12:00 BODY RECALL-OYO 9:15-12:00 CRAFTS UNLIMITED 1:00-2:00 INT LINE DANCING 1:00-3:00 KNITTING & CROCHETING 2:00-3:00 BEG LINE DANCING	<b>July 8</b> 10:00-2:00 DINING CLUB 1:00-2:00 ADV LINE DANCING 1:00-4:15 ART CLASSES	<b>July 10</b> 9:00-12:00 BODY RECALL-OYO 10:00-2:00 DINING CLUB 10:00-11:00 SCY BOARD MEETING 1:00-4:00 BRIDGE 1:00-4:00 CANASTA GROUP	<b>July 11</b> 1:00-2:00 INT LINE DANCING 1:00-3:00 QUILTERS CLUB 1:00-3:00 BINGO—SENIOR CENTER 2:00-3:00 BEG LINE DANCING	<b>July 12</b> 9:00-12:00 BODY RECALL-OYO 10:00-2:00 DINING CLUB 1:00-2:00 ADV LINE DANCING
<b>July 15</b> 9:00-12:00 BODY RECALL -OYO 9:15-12:00 CRAFTS UNLIMITED 1:00-2:00 INT LINE DANCING 1:00-3:00 KNITTING & CROCHETING 2:00-3:00 BEG LINE DANCING	<b>July 16</b> 10:00-2:00 DINING CLUB 1:00-2:00 ADV LINE DANCING 1:00-4:15 ART CLASSES	<b>July 17</b> 9:00-12:00 BODY RECALL-OYO 10:00-2:00 DINING CLUB 1:00-4:00 BRIDGE 1:00-4:00 CANASTA GROUP	<b>July 18</b> 1:00-2:00 INT LINE DANCING 1:00-3:00 QUILTERS CLUB 1:00-3:00 BINGO—SENIOR CENTER 2:00-3:00 BEG LINE DANCING	<b>July 19</b> 9:00-12:00 BODY RECALL-OYO 10:00-2:00 DINING CLUB 1:00-2:00 ADV LINE DANCING



# July 22 - July 31, 2002



Monday	Tuesday	Wednesday	Thursday	Friday
<b>July 22</b> 9:00-12:00 BODY RECALL-OYO 9:15-12:00 CRAFTS UNLIMITED 1:00-2:00 INT LINE DANCING 1:00-3:00 KNITTING & CROCHETING 2:00-3:00 BEG LINE DANCING	<b>July 23</b> 10:00-2:00 DINING CLUB 1:00-2:00 ADV LINE DANCING 1:00-4:15 ART CLASSES	<b>July 24</b> 9:00-12:00 BODY RECALL-OYO 10:00-2:00 DINING CLUB 1:00-4:00 BRIDGE 1:00-4:00 CANASTA GROUP 12:30-2:00 CULTURAL DAY	<b>July 25</b> 1:00-3:00 QUILTERS CLUB 1:00-2:00 INT LINE DANCING 1:00-3:00 BINGO—SENIOR CENTER 2:00-3:00 BEG LINE DANCING	<b>July 26</b> 9:00-12:00 BODY RECALL-OYO 10:00-2:00 DINING CLUB 1:00-2:00 ADV LINE DANCING 1:00-2:00 BIRTHDAY BASH
<b>July 29</b> 9:00-12:00 BODY RECALL-OYO 9:15-12:00 CRAFTS UNLIMITED 1:00-2:00 INT LINE DANCING 1:00-3:00 KNITTING & CROCHETING 2:00-3:00 BEG LINE DANCING	<b>July 30</b> 10:00-2:00 DINING CLUB 1:00-2:00 ADV LINE DANCING 1:00-4:15 ART CLASSES	<b>July 31</b> 9:00-12:00 BODY RECALL-OYO 10:00-2:00 DINING CLUB 12:30 HEALTH DAY 1:00-4:00 BRIDGE 1:00-4:00 CANASTA GROUP	<b>BIRTHDAY BASH</b> <b>JULY 26TH</b> <b>1:00-2:00 PM</b> 	<b>SENIOR TRIP</b> <i>Riverside Dinner Theater</i> September 25 \$65.00 per person Money due by August 30 

## HEALTH CARE PROVIDERS

Free Family Medicine Clinic, Community Service  
 Center Charles E. Brown Park  
 1950 Old Williamsburg Rd.  
 Yorktown, VA 23690  
 Phone: (757) 890-3883  
 Monday 9:00—11:00 A.M.  
 Thursday 5:30—8:00 PM  
 Pediatrician 3rd Thursday each month

## DINING CLUB

If you are age 60 or the spouse of someone who attends, and would like to participate in this program, call the Peninsula Agency on Aging at 873-0541 to get on the waiting list or for more information.

## YORK COUNTY MEALS ON WHEELS

This program serves those who are home bound and unable to obtain adequate nutrition. If you would like to participate in this program call the York County Coordinator at 898-4252.

## SENIOR CENTER EMERGENCY / INCLEMENT WEATHER POLICY

The Center will be closed if York County Schools are: (1) Closed or (2) If there is a delayed start. Announcements of this nature will be made as appropriate over local radio and TV stations

# SENIOR CENTER OF YORK

*The Senior Center of York is located in Washington Square Shopping Center, 5314 George Washington Highway, Grafton. Participation is open to all seniors age 55 or better and their spouses, regardless of age. Center 898-3807*

## Quilters

Thursdays from 1:00 to 3:00 PM. Participants are asked to bring their own projects to work on or help with a group project. A new block will be presented on the 1<sup>st</sup> Thursday of each month. If you have questions, call the Center or Jo Foudriat at 898-4485.



## Senior Center Trip

Trip to Riverside Dinner Theater planned for September 25 to see "Anne Get Your Gun". Price per person is \$65. Bus leaves Washington Square shopping center at 9:00 AM and scheduled to return at 6:45 PM. Registration sheet will be available at the Center to reserve your seat. Money must be paid by August 30.

## Summer Program Beginning Body Recall and Body Maintenance Classes

July and August – Class room will be available for on-your-own sessions - Monday, Wednesday and Friday: Session 1 at 8:30 AM, Session 2 at 10:00 AM and Session 3 at 11:15 AM.



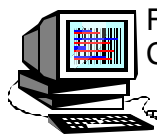
## Smart Choices Nutrition Education Program

Leslie Fain from the Virginia Cooperative Extension Office will present "Smart Choices Nutrition Education Program" classes that will be held in conjunction with the regularly scheduled Dining Club meeting. Lesson topics and presentations are scheduled on the 1<sup>st</sup> Wednesday and 3<sup>rd</sup> Tuesday of each month. Those that cannot attend may call Leslie at 890-4946 for a free in-home nutrition program visit.



## Computer Club Programs

July 2002 Schedule



Formal computer classes at the Senior Center of York will not be conducted during July and August. Classes will start again the first week in September.

General Computer Use. The computers are available for general use (internet searching and MS works) Monday through Friday, from 9:30 AM to 3:30 PM unless the lab is reserved for programmed activities. To use the computers you must sign in at the front desk of the Center. For additional information – visit the Senior Center Web Page: <http://www.yorkcounty.gov/comser/srcenter/center.htm>.

## Home Delivered Meals Program

The York County Meals-On-Wheels program serves persons who are home bound and unable to obtain adequate nutrition. To participate call the York County Coordinator at 898-4252.

## NOTES:

- **The Breakfast Club** will not meet in July.
- **Blood Pressure Checks** will not be conducted until further notice.
- **AARP 55/Alive Mature Driving Program** will not be conducted during July.

If you would like your name removed from the Observer mailing list, please contact the Special Programs Division at 890-3883 or visit the Senior Center of York.

County of York  
Special Programs  
P.O. Box 532  
Yorktown, VA 23690

Return Service Requested

Bulk Rate  
US Postage  
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*The Senior Center of York is sponsored by the County of York, Peninsula Agency on Aging and The Senior Center Board of Directors*